



STEPPING TOWARD A HEALTHY LIFESTYLE

Personal Health & Wellness



OBJECTIVES



At the end of this workshop participants will be able to...



- Describe what it means to be overweight and how food and physical activity affect weight.
- Explain in detail how society has changed, making weight maintenance so challenging.
- List personal barriers to healthy eating and physical activity and possible solutions.
- List some simple changes participants can make right now that will have an effect on their weight.

A BALANCING ACT

Nutrition and physical activity BOTH play a role in our weight.

Calories in:
nutrition



Calories burned:
physical activity

EATING FOR YOUR HEALTH



www.choosemyplate.gov

RATE YOUR PLATE

Locate and complete the handout:

“Rate Your Plate”

Circle the number next to the answer that is most like you. Answer each question quickly and be honest. Then total up your points and "rate your plate".

RATE YOUR PLATE?



Read the following questions about what you eat. Circle the number next to the answer that is most like you. Write the number you circled in the points column. Add up your points and rate your plate! Then write down 2 ways you can eat healthier.

How many...		Points
Times a week do you eat fast food meals or snacks?	1. 4 or more 2. 1-3 3. Less than 1	
Servings of fruit or vegetables do you eat each day?	1. 2 or less 2. 3-4 3. 5 or more	
Regular sodas or glasses of sweet tea do you drink each day?	1. 3 or more 2. 1-2 3. Less than 1	
Times a week do you eat regular snack chips or crackers?	1. 3 or more 2. 1-2 3. Less than 1	
Times a week do you eat desserts and other sweets?	1. 4 or more 2. 2-3 3. 1 or less	
Times do you season your vegetables with margarine butter or lard in a week?	1. A lot 2. Some 3. Very little	
Total Points		

15-18 points: Nutritionist in the works!!!!
11-14 points: GOOD, but there's room for improvement!
10 or fewer: It's a good thing you're at this workshop!

I'm going to:

- 1.
- 2.

EATING A WELL BALANCED DIET

- A variety of foods
- Whole grains
- 2-3 servings of low fat dairy a day
- 5 to 9 fruits and vegetables a day
- Lean meats and beans





FRUITS AND VEGETABLES

WHAT'S ALL THE FUSS?

Why should we Eat 5 a Day?



FRUITS AND VEGETABLES

- Protect against disease
- Make us feel full
- Contain few calories and little or no fat
- Choose whole fruit instead of juice

Eat As Many Bright Colors As You Can!



FRUITS AND VEGETABLES

- Add vegetables to soups, sauces, pasta, and pizza
- Carry fresh and dried with you for snacks
- Try veggies and dip instead of chips
- Add fruit to your cereal
- Any other tips?

BEVERAGES

12 oz can of cola	150 calories
20 oz bottle of cola	230 calories
8 oz cup of sweet tea	100 + calories
8 oz of OJ	110 calories
Starbucks – tall café mocha	310 calories

Quench your thirst with water!

MEATS AND ALTERNATIVES

- Grill, bake or broil
- Chicken and fish
- Beans
- Lean cuts of meat
- Any other tips?



Eat more beans, chicken and fish!

HEALTHIER SNACKS

- Watch the serving size
- Light popcorn or pretzels
- Fruits or vegetables
- Try yogurt, low-fat cheese, whole grain crackers, or pudding made with skim milk.
- Any other tips?



Keep sweets out of reach and sight

FATS AND OILS

- Limit to 35% or less of calories
- Fat has a lot of calories in it, which can lead to weight gain
- Some fats are better than others



FATS AND OILS

Increase use of plant fats

- canola and olive oil
- avocados, fatty fish, nuts and seeds

Limit saturated fats

- margarine, lard, and butter
- meat and dairy

Limit trans or hydrogenated fats

- store bought cookies, crackers and chips



ACTIVITY

Locate and complete the handout

“Guide to Healthy Serving Sizes”.

This handout reviews the serving sizes of various foods. You can use this handout as a reference to help you focus on healthy portions.

Guide to Healthy Serving Sizes

Food	Think of
Meat	Your fist or deck of cards
Baked Potato	Your fist
Cheese	2 dominos
Peanut Butter	2 thumb tips or a golf ball
Pasta/Rice	A small scoop of ice cream
Fruit	A baseball
½ Bagel	½ of a hockey puck
Butter	1 Thumb Tip



EATING OUT

- Large serving sizes
- High fat, high calorie
- More beverage choices



PORTION DISTORTION

20 Years Ago



140 calories
3-inch diameter

Today



350 calories
6-inch diameter

Calorie Difference: 210 calories

PORTION DISTORTION

20 Years Ago



320 calories

Today



820 calories

Calorie Difference: 500 calories

PORTION DISTORTION

20 Years Ago



500 calories
1 cup spaghetti with
sauce and 3 small
meatballs

Today



1,025 calories
2 cups of pasta with
sauce and 3 large
meatballs

Calorie Difference: 525 calories

TIPS WHEN DINING OUT

- Ask for half portions
- Share with a friend
- Ask for dressing on the side
- Order grilled or baked instead of fried
- Any other tips?



ACTIVITY

Locate and complete the handout:

“What Makes It Hard to Eat Well”.

Read the statement about reasons why it is hard to eat well. Which ones can you relate to? If you think “that’s me”, circle it. Then look at the tips next to each barrier, and make a star next to the ones you want to remember. Try and think of other suggestions that might help you, too.



What Makes It Hard To Eat Well?

Read the following statements about reasons why it is hard to eat well. Which ones can you relate to? If you think “that’s me.” Then read the suggested tips. Check the tips that you want to remember. Try and think of other suggestions and share them with the group.

<i>Do you...</i>	<i>Then try to....</i>
Think that healthy foods cost too much?	<input type="checkbox"/> Eat less meat and more beans <input type="checkbox"/> Eat canned or frozen fruits and veggies <input type="checkbox"/> Make quick meals at home instead of eating out
Think healthy foods don't taste as good?	<input type="checkbox"/> Don't give up your favorites, just eat smaller amounts <input type="checkbox"/> Try new foods and new recipes <input type="checkbox"/> Work your way down slowly to 1% or skim milk
Eat when your bored, tired, angry or depressed?	<input type="checkbox"/> Find something else to distract you <input type="checkbox"/> Work on a hobby <input type="checkbox"/> Call a friend <input type="checkbox"/> Go for a walk <input type="checkbox"/> Keep only healthy snacks around
Find it is hard to eat healthy when you eat out?	<input type="checkbox"/> Avoid fast food and all you can eat restaurants! <input type="checkbox"/> When you order a salad, ask for dressing on the side <input type="checkbox"/> Ask for half portions <input type="checkbox"/> Share with a friend <input type="checkbox"/> Bring home leftovers
Eat too much when you're at social events?	<input type="checkbox"/> Eat a healthy snack before you go <input type="checkbox"/> Decide on a few things to eat <input type="checkbox"/> Bring healthy dishes to pot lucks
Eat too much when you're cooking or cleaning?	<input type="checkbox"/> Chew sugarless gum or a toothpick <input type="checkbox"/> Ask someone else to put away the leftovers
Tend to skip regular meals, but snack in front of the TV and throughout the day?	<input type="checkbox"/> Make time for regular meals <input type="checkbox"/> Sit down at the table and eat healthy meals with friends or family <input type="checkbox"/> Pack a lunch or snacks to take to work or for travel

FAD DIETS

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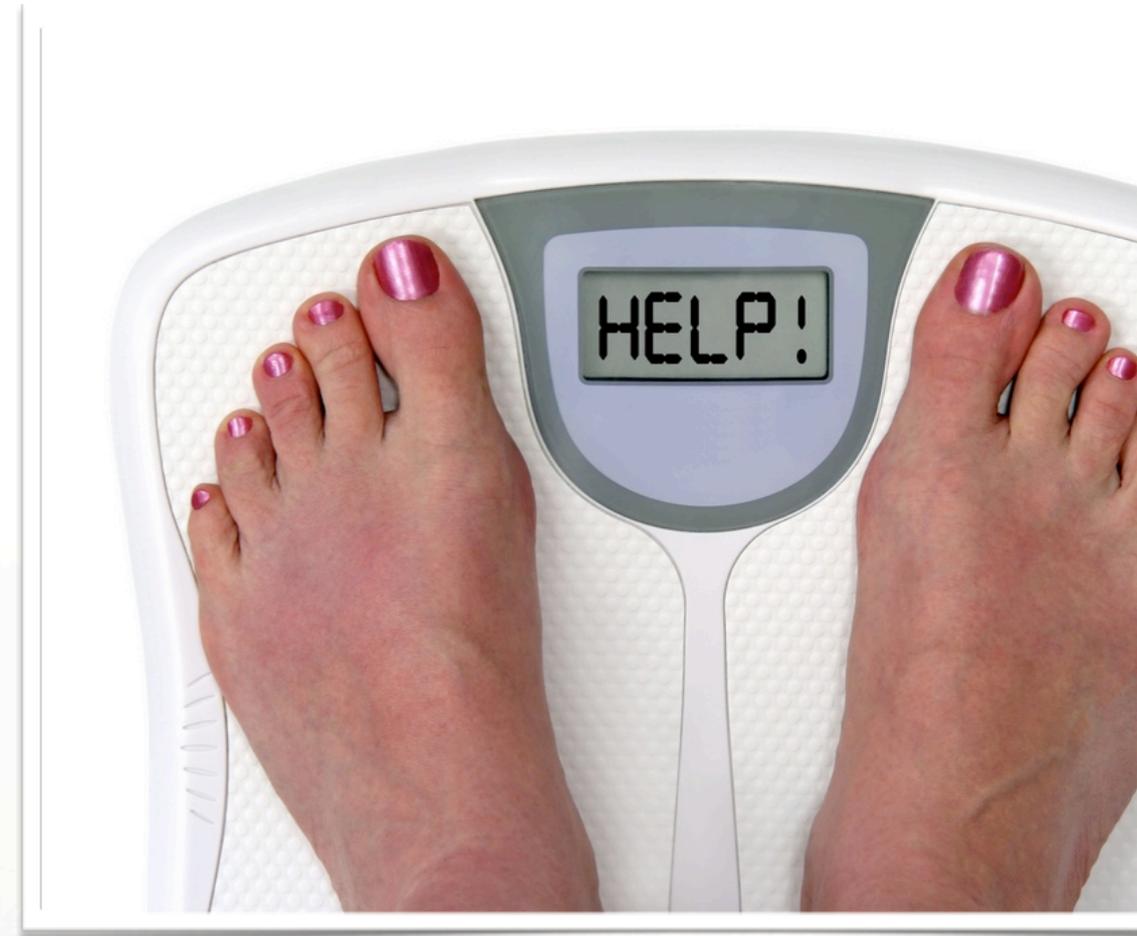
**WHAT HAVE
YOU HEARD?**



**“You’ll lose weight on any strict diet,
but it’s mostly water...from crying.”**

FAD DIETS

- Inflexible
- Rapid weight loss
- Followed by rapid weight gain
- Lack certain vitamins and minerals



Go to choosemyplate.gov or www.americanheart.org for more information on eating a healthy, balanced diet.

EATING FOR YOUR HEALTH

- Be Flexible
- Be Sensible
- Be Realistic
- Be Adventurous



MAINTAINING AN ACTIVE LIFESTYLE



PHYSICAL ACTIVITY: BENEFITS

Increased protection from developing

- Heart Disease
- High Blood Pressure
- High Cholesterol
- Colon and Breast Cancer

Increased prevention and control of

- Type 2 Diabetes
- Arthritis
- Depression
- Osteoporosis

Increased metabolism



PHYSICAL ACTIVITY: HOW MUCH?

- Adults need at least 30 min of moderate physical activity on most if not all days of the week or a minimum 20 min of vigorous intensity activity 3 times per week.
- It is also recommended that 8-10 strength training exercises be performed on two or more nonconsecutive days each week using the major muscle groups.



WHAT DO YOU THINK?

What do you think of when you hear “physical activity?”



PHYSICAL ACTIVITY

- Does not have to be hard
- Does not have to be stressful
- All you have to do is move more!
- You can break up your 30 minutes into three 10 minute intervals each day



BREATHING, LIFTING, STRETCHING

Being active means allowing your body to "practice" breathing, stretching, and lifting. The more practice your body gets, the better it works.

Think about doing things in three areas:

- Aerobic activity
- Muscle strength
- Stretching



ACTIVITY

Please locate and complete the “Physical Activity Barriers” handout.

Brainstorm a list of the barriers stopping you from being more physical active. Think of at least one way to overcome each of the barriers you face.



I DON'T HAVE 30 MINUTES A DAY TO EXERCISE

- Split it up! Try 10 minutes at a time
- Talk and walk
- Play with the kids
- Park farther away
- Take the stairs
- Clean the house
- Exercise while you watch television



“MY FRIENDS AND FAMILY AREN'T ACTIVE”



- Get them involved
- Join a club
- Take small steps on your own
- Get a group together from work
- Ask a friend

“I GIVE UP WHEN THE WEATHER IS BAD”



- Find a mall to walk in.
- Keep a list of rainy day activities
- Take a brisk walk in cool weather
- Don't let the heat beat you - carry water

“I HAVE TOO MANY ACHES AND PAINS”

- Start slowly and work up to more
- Stretch before and after
- Ask your doctor about the best activities
- Losing extra pounds may reduce the pain



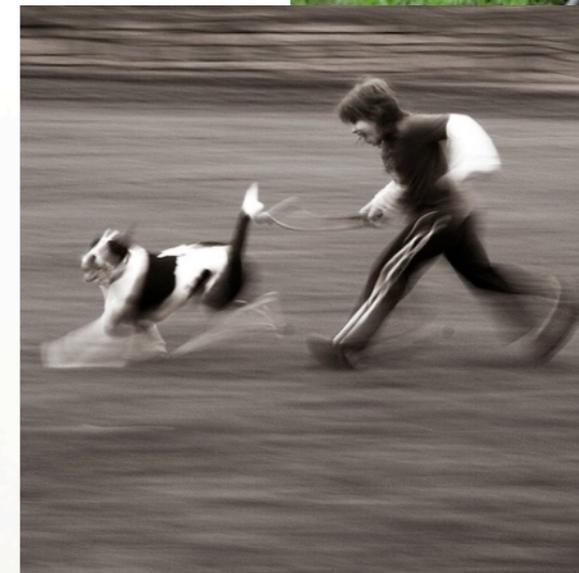
“EXERCISING COSTS TOO MUCH”

- You don't need a gym or fancy clothes to be active
- Put your money in your shoes
- Find a park, mall, or school track
- Take advantage of local opportunities
- Do the little things - they add up!



WHAT CAN I DO?

- Go for a brisk walk
- Garden
- Dance
- Walk the dog
- Sit ups and push ups
- Play with the kids inside and out



JUMP START YOUR PHYSICAL ACTIVITY

**What can you do to increase
your physical activity level?**



SUMMARY

- Find ways to overcome your barriers to eating well and being active
- Be creative and have fun eating healthy foods!
- Be active throughout the day and choose activities you enjoy
- Remember, even the most simple changes can make a difference!